



National Park Service  
U.S. Department of the Interior

National Park of  
American Samoa

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## National Park of American Samoa News Release

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### National Park Introduces Adventure Trail

Pago Pago, American Samoa—The National Park of American Samoa provides a variety of unique hiking opportunities for residents and visitors. Experiences range from easy and moderate rainforest hikes to adventurous and ridgeline treks with panoramic views.

Recently, the national park's trail crew completed work on the new Mount 'Alava Adventure Trail. The trail's establishment included steep area reroutes and installation of "ladders" or steps with ropes for balance.

The Mount 'Alava Adventure Trail is world class and has the potential to attract hikers from all over the world. Superintendent Mike Reynolds says, "It also provides another opportunity for residents to enjoy Tutuila and exercise."

This 5.6 mile (9 km) loop trail begins at the national park faleo'o between Afono and Vatia. Hikers ascend the Upper Sauma Ridge to the Mount 'Alava summit, descend to Vatia Village, and follow the road back to the faleo'o. Those who complete this hike will have climbed 56 ladders, 783 steps, and gained over 1,300 feet (396 m) in elevation.

Visitors say that the Mount 'Alava Adventure Trail is a "rewarding, full-body experience." The rewards include unique tropical rainforest and wildlife experiences, spectacular island views, and an adventure for the mind and body.

A newly published, full-color, *Day Hikes* brochure includes the Mount 'Alava Adventure Trail, as well as eight other trails on Tutuila and the Manu'a islands. This free brochure is available at the National Park Visitor Center in Ottoville or can be downloaded at [www.nps.gov/npsa](http://www.nps.gov/npsa).

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The National Park Service cares for special places saved by the American people so that all may experience our heritage.

The National Park of American Samoa was established in 1988 to preserve the coral reefs, tropical rainforest, archeological and cultural resources, the habitat of fruit bats, and to provide educational opportunities for visitors and residents. National park lands and waters are leased from villages and the American Samoa Government through a long-term agreement with the National Park Service.

For more information about visiting the National Park of American Samoa, call 699-3982, email [NPSA\\_Info@nps.gov](mailto:NPSA_Info@nps.gov), or go to [www.nps.gov/npsa](http://www.nps.gov/npsa). Also, visit the national park's Facebook and Twitter pages.

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